



# Casemate

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*"The overall objective is personal accountability. Each one of us shares the responsibility of being good stewards of the environment ...the way I see it that's everyone's responsibility, not just a designated few."*

**Col. Perry D. Allmendinger**

Post Commander



Photo by Patrick Buffett

**Project Pride committee members and volunteers join post commander, Col. Perry D. Allmendinger, in signing pledge sheets March 2 vowing to protect the enviroment and keep Fort Monroe clean and beautiful. Pictured are: (front row, left to right) Peter VanDyke, Shae Inglin, Allmendinger and Cliff Whitehouse; (back row, left to right) Grady Wesson, Mary Whitehouse and Pamela Ingram.**

## a **Project** in *Pride*

### *New cleanup initiative to foster community involvement on post*

**BY PATRICK BUFFETT**  
CASEMATE STAFF WRITER

The distribution of more than 4,000 gift bags to Fort Monroe employees as they entered post March 4 heralded the start of a special command-sponsored project to keep the historic installation beautiful.

Project Pride will encourage "personal ownership" of Fort Monroe's environmental protection efforts, ranging from picking up trash and recycling to planting trees and gardens, according to Cliff Whitehouse, project coordinator.

"We're fostering the sense of community that exists at Fort Monroe," Whitehouse said. "Regardless of

#### *More inside ...*

❑ Rundown of what's available at Self Help Store to aid in cleanup.



❑ A recap of Fort Monroe's 2003 recycling performance.

❑ A clip-'n-save Project Pride pledge sheet that can be used at your home.



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whether an employee or family member lives on post or just works here, we want them to realize this is their

home, and there are many things each of us can do to keep it looking clean and beautiful."

A letter in the Project Pride gift bag also stressed that point. "Fort Monroe belongs to everyone who enters this post," it read, "and if we don't pick it up, who will?" The letter also encouraged recipients to recycle the gift bag for litter collection and disposal. Other contents of the gift bag included a packet of flower seeds, a Project Pride pledge sheet for students (see clip-'n-save version on Page 11), and a refrigerator magnet. Fifteen random gift bags also contained MWR prizes, ranging from free meal coupons to frame and craft shop gift cards.

"I'm excited about the project because it stresses personal ownership of our post beautification program,"

**See PROJECT, Page 10**

## AMEDD hunts for civilians

**BY HARRY NOYES**

WASHINGTON (Army News Service, March 1, 2004) — A fast-paced operational tempo has caused the Army Medical Department to look to hire civilians who are veteran medical specialists to fill empty positions.

Active Army physicians, nurses and medical technicians often are required to deploy from U.S. Army Medical

**Reservoir of Army Reserve medical professionals is no longer overflowing.**

Command hospitals to serve in field units overseas. In turn, many Army reserv-

ists usually mobilize to "back-fill" MEDCOM facilities.

But now the reservoir of Army Reserve medical professionals is no longer overflowing, officials said. Many reservists have already done their duty and more are beginning to be demobilized.

As the next overseas rotation gets underway, with its demands for new field medical people, MEDCOM's Civilian Personnel Division, Directorate of Operations and Marketing Office developed a focused, high-energy program to hire hundreds of civilian health-care personnel.

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**A Little Bit of History: Casemates once used as living quarters (page 3)**

**Women's History Month features motivational speaker; tour (page 4)**

**Ambassadors led by female player/coach "Lady Majic" (page 12)**



Chaplain’s corner

No calling plan necessary; open 24 hours a day

Who do you talk with the most; your spouse, your parents or a good friend? Do you talk to God? I think that’s a fair question coming from an Army Chaplain.

When I am asked that question, I answer “I do,” but there was a time when I would have answered a resounding, “no” to the question. Thankfully, those days are gone because I have chosen to be close to God, not distant. But for some people, perhaps even you, speaking to God is not on the schedule. Why? It’s not hard. You don’t need any equipment and you can speak to Him while you’re swimming laps, jogging or driving the car – just about any-time in your life.

Whoever it is that you talk to the most, I bet you find it really easy to talk to them either in person or on the phone. Everybody has a telephone and most everyone has a cell phone nowadays. We don’t even

think twice about calling special people in our lives wherever they live, right? So, why is it hard for some to communicate with God when it can be such an easy thing to do?

Speaking with God is commonly done through prayer. You can even keep your eyes open (especially when you’re driving, jogging or bicycling). It’s as easy as talking on the phone to a family member or friend. Just simply speak to Him with your thoughts.

Speaking with God should not be equated with the idle chitchat we have sometimes with those on the other end of our phones. You can share your struggles, your desires, and your dreams with the Almighty.

Philippians 4:6 says, “Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.”

He loves to hear from us all. The Bible teaches that He desires to communicate with each of us and that we need to communicate with Him also.

Remember, God is our Creator and Sustainer. He loves us, and He cares about us and wants us to come to Him with all our problems and to share our inner thoughts and struggles with Him through prayer. There is a big difference between idle chitchat and heart-felt communication with God.

Jesus professed and used prayer. He prayed to the Father in the Garden of Gethsemane just prior to His arrest; right when it seems he was struggling the most.

Luke 22:39-46 says, “And he came out, and went, as was his custom, to the Mount of Olives; and the disciples followed him. And when he came to the place he said to them, ‘Pray that you may not enter into temptation.’ And he withdrew from them about a stone’s throw, and knelt down and prayed, ‘Father, if thou art willing, remove this cup from me; nevertheless not my will, but thine, be done.’ And when he rose from prayer, he came to the dis-



Chaplain (Maj.) Barry M. White  
Religious Support Resources  
Chaplain Northeast Region

ciples and found them sleeping for sorrow, and he said to them, ‘Why do you sleep? Rise and pray that you may not enter into temptation.’”

He knew the power of speaking with His Father, and He desires us to call on Him as well. Have you talked to God today? Go on, give it a try. You will be blessed.

West Point speaker was the ‘tip of the spear’

BY JOE BURLAS

WASHINGTON (Army News Service, Feb. 25, 2004) — When the U.S. Military Academy asks somebody to speak to cadets at a formal function, it is normally a well-known retired or active-duty general officer. But a relatively unknown lieutenant colonel was the guest speaker to the USMA class of 2005 at the end of January.

As the junior class at West Point marked the passing of the 500-days-to-graduation mark with a formal dinner, Lt. Col. Rock Marcone shared tales of the hardship and bravery of his Soldiers as they led the 3rd Infantry Division attack into Iraq last spring.

A 1985 West Point graduate, Marcone commanded Task Force 3-69 Armor during major hostilities in Iraq. Composed of two armor companies, two infantry companies, two engineer companies, a headquarters and headquarters company, a field artillery battalion in direct support and an attack helicopter company in direct support, TF 3-69 had more than 1,800 men at its peak.

Between March 23 and April 4, 2003, the task force drove 350 miles, fought seven major battles and destroyed six Iraqi brigades, Marcone said. Two of those battles required deliberate river crossings involving rubber boat assaults, he said, the only such assaults he is aware of since World War II.

The task force was the first U.S. unit to enter Saddam International Airport. During the night battle to enter the airport, two TF 3-69 tanks — one being towed by the other due to mechanical failure from an earlier rocket propelled grenade attack —

*Lt. Col. Rock Marcone, commander of the lead 3rd Infantry Division task force into Iraq last March, shares his units accomplishments with the West Point cadets in the class of 2005 recently.*

USMA courtesy photo



ran into an Iraqi armor platoon. The U.S. tanks destroyed the Iraqi armor as the crew of the disabled tank engaged the enemy by manually traversing the turret.

As the sun rose over the airport the next morning, Marcone said he noticed that one of his infantry platoons was parked in the middle of a trench complex still filled with Iraqi troops.

“I didn’t even have time to click the radio mike to order them to dismount because the (Bradley Fighting Vehicle) ramps were already coming down,” Marcone said.

While 3-69 Soldiers garnered a bevy of medals for their heroic deeds during the advance into Baghdad, the unit lost two, killed in action.

“If you take nothing else away from what I have to say to you here tonight, always remember that Soldiers follow you because they trust you and you have demonstrated a genuine concern for their welfare,” Marcone said. “With that in mind, the toughest part of being an officer, a leader and a warrior

during combat is your ability to deal with and overcome the loss of Soldiers and subordinate leaders. If you have done your job correctly, you have trained the next Soldier in line to step up and take charge.”

Marcone offered advice to the cadets as they prepare for commissioning as second lieutenants in less than 500 days:

- ❑ Young leaders must study the psychology of war and learn the effects of combat on Soldiers and leaders.
- ❑ Combat is exacting of leaders — it requires physical fitness and a warrior ethos that leads from the front.
- ❑ Nothing challenges you more than combat — training has to be tough, well thought out and resourced.
- ❑ Risk-taking must be taught, cherished and reinforced in young leaders at all levels.
- ❑ The Army needs critically thinking, agile, adaptive and aggressive warriors as leaders.
- ❑ Take care of Soldiers — train them, reenlist them, challenge them.
- ❑ Don’t wait to be told what to do — reach out and make a difference.

“What you are doing for your country is special and very important for the survival of our way of life,” Marcone told the cadets. “You are the future of a secure America, and in two short years, the mothers and fathers of this great nation will entrust in you their most precious resource — our nation’s most coveted treasure — the sons and daughters of America. Embrace it, cherish this honor, and if you are called into harm’s way, lead!”

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Casemate

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*A little bit of history ...*



# Casemates once living quarters

*After 100 years of use, last families moved out in 1930s*

From 1819 to 1834 work at Fort Monroe proceeded steadily in spite of the minor feud between the constructing engineers and garrison.

At one point in those early days of the fort, someone took a fresh look at the problems of inadequate quarters and the overdesign of the fortifications (Fort Monroe was originally designed to mount 412 guns, certainly more than were ever installed). This unsung genius made one of the early choices between guns and butter and decided to convert some of the casemates to living quarters for the garrison.

The casemates had been designed to house large guns, as may be seen today in the West Bastion exhibit of the Casemate Museum. Each casemate — there were 70 — was a long barrel-vaulted room with archways in the side walls allowing passage from one to the next.

## ***Vaults divided***

A screen wall with fireplaces facing each half of the long room was later built to divide the vault into two rooms. One room had an opening to the outside of the moat. Originally designed as a cannon embrasure, this opening was easily converted to a window. The other room had a doorway flanked by windows opening to the inner fort.

A small porch was built to shelter the entrance, the rough masonry walls were covered with matchboard paneling and the casemates were living quarters. The outer room became a parlor and the inner room a bedroom, forming a two-room suite.

Nobody really expected a bathroom in the 1820s. There were latrines for the men and ladies used a chamber-pot, which was emptied out the bedroom window in the moat when necessary. There were, of course, no sewers at Fort Monroe. Actual bathing was conducted with large basins and washcloths, but it was well known that too frequent bathing was hazardous to the health.

The casemates had originally been constructed to give protection to the fort's guns and the men who operated them. An interconnected system of brick arches formed long vaults, the casemates themselves, and smaller brick arches formed connecting doorways from vault to vault. It was possible, before the casemates were converted to living quarters, to stand at one end of a front and look through the connecting archways all the way to the next bastion.

## ***Massive stone support***

The brick archways were supported by heavy buttresses of massive stone. On the first front, now occupied by the Casemate Museum, the founda-



Photo courtesy of Casemate Museum

***Casemate living quarters occupied by Lt. and Mrs. G. Adams, circa 1881.***

dations are supported by inverted arches of stone, which spread the weight of all the superstructure so that no one area of ground had to bear more than another. Tradition says this was necessary because the workmen encountered quicksand when digging the foundations. The walls are supported by timber cribs made of massive oak timbers measuring 12 feet x 12 feet x 8 inches.

Living inside these casemates was an experience that left an indelible impression upon many young Army brides. They lacked not only sanitary facilities, but also closets, storage space of any kind and kitchens.

In those days, emphatically, Army officers' wives were ladies, and ladies did not cook. Cooking was done by wives of enlisted men, laundresses or

by the nearby hotels and boarding houses. Apparently every meal was eaten outside the home.

One of the worst problems was dampness. The heavy stone walls wept condensed moisture all year.

A bride in the 1830s, reporting on her new home in a letter to her mother, complained that shoes and other leather goods mildewed overnight, and that fires were necessary even in the summer to help combat the constant dampness.

In spite of those drawbacks, the casemates were used as living quarters for more than 100 years, with the last families moving out in the 1930s.

*(This story was written by Phyllis Sprock, retired environmental officer from DPW. It originally appeared in the June 10, 1994 edition of the Casemate.)*

## MP Roll Call

### *Fort Monroe's finest provide secure environment for community*

BY INVESTIGATOR MATTHEW LONDON

We see them everyday patrolling, conducting speed and parking enforcement, working ceremonies and doing a number of other things. They are the Soldiers and civilians of the Fort Monroe Provost Marshal Office (PMO).

The MPs and DACPs (Department of the Army Civilian Police) provide law enforcement and installation security for the Fort Monroe community in a courteous and professional manner. The MPs are assigned to the 233rd MP Detachment and work for the Provost Marshal, and they have five functions in the Army: law and order operations; maneuver and mobility support; internment and resettlement; area security; and police intelligence operations.

The PMO conducts the law and order and police intelligence operations functions. There are at least three patrols on the road 24 hours a day, seven days a week, 365 days a year. While on duty, MPs and DACPs are responsible for enforcing all post, Army and federal regulations, and they assimilate state criminal laws. In addition, they perform money escorts, fire the cannon at Reveille and

*The MP Roll Call is designed to provide a link between the Provost Marshal's office and the Fort Monroe community regarding law enforcement operations, services and crime statistics, and how operations and services combine with other Fort Monroe initiatives to keep the community safe daily. Call 788-2220 with any comments or concerns that need to be addressed. Detailed information concerning the fort's security posture will not be published.*

Retreat, perform security checks of buildings and respond to parking problems, alarms and any other calls for assistance.

The public sees these activities, but there are many things that go unnoticed.

When MPs and DACPs aren't on the street, they are busy training. MPs are on a three-week cycle that includes working the road for two weeks and training for one week. During the MPs training week, they go through law enforcement refresher classes that include force protection, traffic stops,

domestic violence, interpersonal communication (IPC) skills, paper work and limited tactical training. These classes involve classroom instruction and hands-on exercises.

The DACPs participate in eight hours of training every month, covering the same topics as MPs. The DACPs have the same responsibilities and authority as their MP counterparts.

The MPs and DACPs conduct practical exercises in which they are trained to deescalate dangerous situations through the use of interpersonal communications skills and the minimum force necessary, all while keeping themselves and the Fort Monroe community safe. At least once a quarter, MPs and DACPs go to firing ranges, where they qualify with their primary-duty weapons: the M9, 9mm and the M4 rifle.

There are many other things that require MP/DACP support. The 233rd provides the Soldiers who make up the TRADOC Color Guard, which can be seen in ceremonies throughout the year, including parades, retirement ceremonies and change-of-command ceremonies.

(See MPs, Page 7)

# News clips

## AAFES monitoring BDU supply

DALLAS — Backorders from the military supply system (Defense Supply Center Philadelphia, DSCP) are affecting AAFES Military Clothing Sales Stores (MCSS). Both Army and Air Force MCSSs are out of stock on selected sizes of Enhanced Hot Weather and Temperate Battle Dress Uniform (BDU) coats and trousers. Military supply system personnel advised AAFES that the get-well date for the temperate BDUs will be August.

“AAFES continues to be in constant communication with DSCP,” said Military Clothing Divisional Merchandise Manager Dave Lumbly. “The information we received from DSCP indicates AAFES will be experiencing shortages on temperate BDUs through the end of summer 2004.”

Representatives from DSCP said the current supply position is due to the allocation of BDU production from woodland to desert to support the tremendous increase in desert requirements as a result of the war in Iraq.

“The temperate trousers are the item in the most critical position, and while DSCP does not expect to get well until August, we will experience a significant increase in deliveries starting in April,” said Jim Kane, product manager for battle-dress uniforms in DSCP’s clothing and textile directorate. “We have recently released all backorders for enhanced hot weather coats and trousers. These assets should be reaching the stores soon, and DSCP expects to remain in sustained supply for the enhanced hot weather items.”

AAFES is asking for customers’ patience as it continues to work with the military supply system to find a solution to the BDU situation.” (From an AAFES News Release)

## AFAP forum issues requested; facilitators, recorders needed

Fort Monroe’s Army Family Action Plan Forum will be held March 30 and 31 at the Bay Breeze Community Club. This forum will address quality-of-life issues and provide feedback to Army leadership on how programs and services can be improved to meet

## Motivational speaker to address Women’s History Month Observance March 17

Mary Thomas Newsom, a motivational speaker and trainer, will highlight famous women who made a difference in American society at Fort Monroe’s Women’s History Month observance starting at 2 p.m., March 17, at the post theater. The observance month theme is “Women Inspiring Hope and Possibility.”

The 90-minute program is free to the public and tickets are not required.

Newsom will focus on life stories of successful American women such as Margaret Sanger, Eleanor Roosevelt, Fannie Lou Hamer or Zora Neale Hurston, who were able to guide, energize and excite others by example. Unveiling their passions and celebrating their legacies, Newsom reveals how these great women in American history talked the talk and walked the walk.

A self-proclaimed ordinary woman, Newsom will disclose how she found her voice and made a difference. Using drama, music and speech,

she emphasizes the importance of overcoming negative beliefs and making positive choices.

Newsom is an experienced trainer with more than 25 years of professional experience. She is President and CEO of Systems ILL, L.L.C., an educational consulting firm specializing in organizational development, speaking and training.

A sign language interpreter will be on site for the program.

For those requiring more information, call 757-788-4727 or 788-3500.



Mary Thomas Newsom

## Women’s museum tour set for March 11

A bus trip to the U.S. Army Women’s Museum at Fort Lee is planned for March 11 in support of Women’s History Month. The tentative schedule has busses departing the Post Theater parking lot at 8 a.m. and returning to Fort Monroe at 3:15 p.m. Plans include a two-hour tour of the museum, with lunch around 12:15. Participants will return to Fort Monroe after lunch.

The deadline for signing up is March 9. Space is limited to 100 people. To RSVP, or for more information, call CWO3 Melanie A. Ladra at 788-5048 or Barbara Berryman at 788-3500.

2X5 N.S.  
Train

the needs of military personnel, their families and DA civilians.

Issues are being accepted for the forum. Persons submitting an issue should provide the title of the issue, the scope (which defines the problem) and recommendations for resolving it.

Facilitators and recorders are also needed for the forum. Facilitators direct activity, stimulate discussion, help accomplish taskings and get everyone to participate in a group. Recorders capture the basic ideas of a group on paper and ensure information is adequate.

Free training and refreshments are provided. If childcare is needed, let ACS staff know at the time of your inquiry.

To submit issues, register to help, or get more information contact Beverly Nicholson. Issues can also be submitted by mail to the Soldier and Family Support

Center, 151 Bernard Road, Fort Monroe, VA 23651.

## Service award nominations

The Department of the Army is accepting nominations for the NAACP Roy Wilkins Renowned Service Award for 2004. To be eligible for consideration, employees must meet the following award criteria:

■ Distinguished themselves by making a significant contribution to their country in the areas of civil/human rights, race relations, equal opportunity, affirmative action, human resources and/or public service.

■ They must have supported the full integration and promotion of minorities and women within the armed services.

■ They must have fostered innovative and creative involvement within a community (as a civilian or military member) that resulted in positive action on behalf of the residents.

Civilian nominations should be submitted to the Post EEO Office, 60 Ingalls Rd. (Bldg. 82, Room 226), no later than March 19, and military nominations should be submitted to the Post EO Office.

2X3 Tidewater

2X2





Photo by Patricia Radcliffe

**Sergeant Major of the Army  
Kenneth O. Preston**

## NCO leaders meet

*“This is the next greatest generation of the Army,” Sergeant Major of the Army Kenneth O. Preston said while addressing attendees of the TRADOC CSM/SGM conference in Hampton Feb. 26. “Just as our fathers and grandfathers stood up a model democratic government in Germany, this generation is helping to stand up a democratic government in Iraq. Because of globalization, people see the freedoms others enjoy and want the same freedoms.” He also discussed the global war on terror and how it and technology influence educational opportunities for NCOs. The conference was held Feb. 24 through 27.*

**3X14 BASS PRO  
coupon  
(Do not move)**

## AMEDD (Continued from page 1)

The effort is the “Centralized Civilian Recruitment Program in Support of the Global War on Terrorism,” but the title is ironic because decentralized execution is the key to success, officials said.

What is centralized is the marketing effort, and a toll-free number (1-800-633-3646) that interested parties anywhere can call.

“We have a single marketing plan to fill our jobs with high-quality individuals quickly,” said Jo Ann Robertson, chief of CPD. “We are already getting 1-800 calls. Not as many as we’d like. but some.”

AMEDD needs about 1,400 today, said Lt. Col. John Shero of the operations directorate, but that is a moving target. The needs keep shifting, as decisions on mobilizations, demobilizations and deployments evolve, he added.

A central facet of the plan is a series of job fairs focused on medical recruiting, beginning at Fort Sam Houston, Texas, on March 24, and then at various other installations across the country.

But the execution of the job fairs and the hiring that results is very much decentralized, officials said. AMEDD is taking systematic advantage of an overlapping assortment of “direct hire” options, officials said. Direct hire, which minimizes delay and paperwork, is inherently decentralized.

“In layman’s terms, ‘direct hire’ means ‘on the spot’ hiring,” explained Robertson. “A prospective employee can bring in his or her license and resume, and the manager can hire the person on the spot.”

Not all jobs are covered by direct-hire authority. Only 13 critical health specialties are, but they represent 70 percent of AMEDD needs, Robertson said.

Of the 13 professions covered by Direct Hire Authority, those needed in greatest numbers are physicians,

registered nurses, physician assistants, licensed practical nurses and diagnostic radiologic technologists. The other jobs under DHA include: dentists, dental assistants, dental hygienists, dental lab technicians, pharmacists, podiatrists, audiologist and speech pathologists and optometrists.

However, some of the other 30 percent of needs, such as nursing assistants, are also vitally important and will be a focus of the job fairs, officials said, even though they are not eligible for DHA and normal civilian hiring procedures will be used.

Few current openings are permanent jobs, since the concern is back-filling positions vacated by Active and Reserve Soldiers.

Appointments will mostly be temporary, up to two years or term, which is up to four years. For individuals who want longer-term employment, Robertson said, there are two possibilities.

First, some temporary appointments may be extended one year, when needed. Second, there is a normal turnover rate among civil-service “medicals” so an appointee might later be able to move into a permanent job when an opening appears.

Openings are at almost all Army medical centers, major installations and other posts, officials said. The individuals AMEDD is most actively seeking are recent military and civilian retirees from any of the military services, but all qualified professionals are welcome to apply, officials said.

Those hired will get the same salary rates, bonuses, relocation allowances, etc., that other civil-service health-care professionals in their specialties receive.

*(Editor’s note: Harry Noyes is the assistant editor of The Mercury, U.S. Army Medical Command.)*

# Enlisted Soldiers soon to find out assignments via e-mail

BY SGT. 1ST CLASS MARCIA TRIGGS

WASHINGTON (Army News Service, Feb. 25, 2004) - The Human Resources Command will be using the Internet as a means to maintain up-to-date information on enlisted Soldiers to help them choose assignments and manage their careers.

In early March, HRC will begin notifying Sol-

diers of their next duty assignment within 90 days of their departure, by e-mailing the information to their Army Knowledge Online e-mail addresses. Other Web-based initiatives include:

□ Sending e-mails that acknowledge receipt when Soldiers update their assignment preferences on Assignment Satisfaction Key, known as ASK the Web assignment preference page.

□ E-mail reminders will also be sent out to get Soldiers to update their contact information (home address and telephone number) 90 days after arriving at their new duty station. Then Soldiers will be reminded to update their assignment preferences on ASK after being stationed stateside for 24 months, and 18 months for those overseas.

Out of 407,000 enlisted Soldiers, who have already graduated from Initial Entry Training, 292,660 Soldiers have visited the ASK Web site so far, said HRC officials. Soldiers can be anywhere in the world and update their preferences thru the Internet, officials added.

“The Army is going through a cultural change. We are giving privates career information before their chain of command finds out,” said Brig. Gen. Howard Bromberg, the director of Enlisted Personnel Management Directorate, HRC.

Commanders will still find out about Soldier assignments through traditional means, but the HRC-GRAM, formerly known as the PERS-GRAM, that is sent to Soldiers through the mail will be phased out. Soldiers will be able to find out about assignments through e-mail notification or by calling an Interactive Voice Response System at 1-800-FYI-EPMD.

ASK was first introduced to Soldiers two years ago. However, this will be the first time Soldiers will have access to view key personnel information that is used by assignment managers when considering a Soldier for assignment, officials said.

“It is important that Soldiers look at their personnel information to ensure it is correct. If it needs to be updated they need to contact their local personnel office,” Bromberg said.

The more accurate information career managers have on a Soldier, the higher the success rate will be in finding an assignment that’s right for the Soldier and the Army, Bromberg said.

Where Soldiers are assigned is only a piece of the Army’s stabilization puzzle, Bromberg said. The other parts include the Army’s new Manning System, Force Stabilization which consists of unit focused stabilization and home-basing. Home-basing will require initial-term officers and enlisted Soldiers to stay at their first duty station for an extended tour of up to six or seven years.

“These initiatives are about unit over self,” Bromberg said. “We’re still taking care of Soldiers and getting them the training and care they need. But we’re focused on getting units stabilized so they can do the mission at hand.”

An example of the needs of the Army coming before assignment preference is: a Soldier serving in Korea who was told that he could go to Fort Hood, Texas, when his tour is over, as part of the program HAAP (home base/advance assignment program). But if during the Soldier’s tour, overriding Army mission requirements determine that the Soldier is needed elsewhere, then their HAAP can be renegotiated. Enlisted personnel assignment managers work with the Soldier, but may, based on the requirements of the Army, assign the Soldier to a new location.

“We’re not getting rid of the program, but people think that if we give them an advance assignment, they are guaranteed that assignment,” Bromberg said. “What we’re saying is that we will try to meet requirements, but we may change, based on the needs of the Army.”

In the future, HRC also plans to expand its Web initiatives and get away from using Department of the Army form 4187, Personnel Action Request. The vision is to have a Soldier volunteer for an assignment electronically. If requests can go up and back down all electronically, the process can be cut from 90 days to 14 days, Bromberg said.

## 4 X 12 Verizon Wireless

# Monroe hourly childcare back in business

BY PATRICK BUFFETT  
CASEMATE STAFF WRITER

Left homeless by Hurricane Isabel back in September, Fort Monroe’s hourly childcare service returned this week.

The service’s new digs are located in the modular units recently established at Walker Airfield, just down the road from the old building in which it was housed. The hourly care program shares the first modular unit, closest to Fenwick

Road, with School Age Services and the Child and Youth Services administrative offices.

“I think our parents are really going to be pleased with the new facility,” said Susan Searles, Chief of Child and Youth Services, earlier this week. “All of the furniture and most of the play items are new, and the staff has done an excellent job of setting up the room to allow for a variety of activities for infants through kindergarten age. The excellent care-giving team, Victoria Askew and Silkie Cooper, is returning to oversee this very popular and needed service.”

All active duty military and DA civilian employees are eligible for Hourly Care services. All children must be registered through the CYS central registration office, which has also relocated to this new facility. Reservations are required, and may be obtained by calling 788-5960. Fees are \$2.50 for the first child and \$2.25 for the second child in the same family. This is an Army standardized fee.

“The Hourly Care program provides care for children whose parents do not need full time but rather occasional childcare,” Searles said. “Hourly care creates opportunities for parents to attend classes, exercise, shop, volunteer or go to doctor appointments and know that their children are being well cared for in a safe loving environment.”

Hours of operation are 8:30 a.m. to 3:30 p.m., Monday through Friday. For information, call 788-5960.



Photo by Patrick Buffett

**Victoria Askew, an hourly care program assistant, organizes a play area in preparation for opening day March 3.**



Photo by Katherine Franz

**Maj. Gen. John M. Curran**

## The future is here

*During a Futures Center awards ceremony Feb. 20, Maj. Gen. John M. Curran provided an update on changes that will take place in the Army and the Futures Center’s role in those changes. He said that the Futures Center, which was activated last Oct. 1, is TRADOC’s lead action agent to develop the Future Force. He also referred to TRADOC as the nexus of Army innovation because of its influence on how the Army thinks, acts, trains and fights.*

## MPS (Continued from Page 3)

Within the PMO there are several sections with different responsibilities.

The Traffic section is responsible for investigating traffic accidents, conducting the click-it or ticket campaign and planning traffic patterns for the many events that take place during the year.

The Military Police Investigations (MPI) section investigates all serious incident crimes. If you need a security clearance, you would have to make an appointment with MPI to have your fingerprints taken. This section also conducts the Ident-a-Kid program for the PMO.

The desk sergeants work the MP desk and will assist you if you call or come to the PMO. The MP desk is an information reporting office, and it is the job of the desk sergeant and radio operator to dispatch the patrols and other appropriate services to emergencies and minor complaints. Each emergency or complaint is handled in order of urgency. Additionally, the desk sergeant compiles each day’s complaint and casework data. That information is formatted for the daily journal and police blotter.

Regardless of their section, all Soldiers participate in P.T. four days a week. The exception is Thursday, when Soldiers conduct Sergeant’s Time training and report to work early. DACPs are responsible for their own physical fitness and are required to take annual fitness tests.

MPs and DACPs have a busy schedule. The eight hours they spend in the public eye is only the tip of the iceberg. They spend countless hours training and preparing themselves for duty. On top of that, many of them are married and must find time to spend with their families.

Remember the next time you deal with Fort Monroe’s finest, that they are just trying to keep you and the community safe.

# 4X8 Pt. Plaza



# Warrant officer strives to improve Soldiers' careers

BY PATRICIA RADCLIFFE  
CASEMATE STAFF WRITER

“I wanted to make a difference,” CWO Melanie Ladra said of her chosen career field. Ladra is the Chief of the Adjutant General Operations and Command Support Division for TRADOC. As such, she ensures the budget, supply and other administrative functions run smoothly along with overseeing the team that participates in the Initial Entry Training Assessment visits with the Accessions Command.

“As a warrant officer, I felt that I would have a greater impact on Soldiers, especially (by being) in the personnel field. In the personnel field, warrant officers have a larger input because we are the technical experts. We establish policies for Soldiers,” she said.

For example, while in Germany at the 1st Infantry Division, Ladra was involved in setting policy for E-5 and E-6 promotions. Promotable E-4 and E5s, who would make the cut-off score, could be promoted in a conditional promotion status or their commanders could remove them from the promotional standing list.

“What was happening was, in 1997 they started doing conditional promotions for Soldiers being promoted from E-4 or E-5 to the next higher grade who had not attended the PLDC – primary leadership development course or the BNCOC – basic non-commissioned course. The commander had a choice to conditionally promote them, and they had to attend the required NCOES – non-commissioned officer evaluation system course within one year, or hold off the promotion until they attended the required course. Then, their promotion date would be the date they graduated the NCOES course.

“What we said at the division was that if you recommended a Soldier for promotion, you’ve already said the Soldier was ready for it; so, go ahead and do the conditional promotion and ensure he gets into the next available course. That significantly increased the promotion rate within the 1st Infantry Division. Commanders would either promote Soldiers, or if they didn’t feel they should be promoted, took action to remove them from the promotion list. This division policy had a big impact on Soldiers.” she



Photo by Patricia Radcliffe

**CWO Ladra “squares away” her beret as she exits Building 5, March 4.**

said.

“I like helping people. That’s the most important thing. I feel I can assist people in obtaining their goals. At TRADOC the work is more on the theory side, concepts versus actual face-to-face interaction with Soldiers.

“As a warrant officer, I work as a bridge between RLOs (regular line officers) and the enlisted ranks. I felt that I could make a bigger impact in the personnel field as a warrant than as an enlisted. As an enlisted, as with the regular officer ranks, you get more involved in a broad sense. As an NCO, you get more involved in Soldier development and as you assume positions, as you go higher up, as first sergeant and sergeant major, you get out of the personnel arena. You assume more functions like platoon sergeant that focuses on Soldier skills and tasks rather than on personnel.”

She said that as a regular officer, you are more broad based.

“You are a company commander, you are an S-3 (training) and sometimes in supply. As a warrant officer, I focus primarily on personnel issues. You still assume leadership

positions, but more specifically geared toward development and the technical aspects of a career field. Because you are technically focused, you have a broad impact on the personnel field. As an enlisted member, you have an impact, but it’s in a different way.”

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**“There are huge changes going on in the HR field as the Army transforms into stryker brigades ... ”**

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At TRADOC, Ladra said she has the opportunity to get a little involved with Army transformation and how human resources are impacted.

“There are huge changes going on in the HR field as the Army transforms into Stryker brigades and brigade combat teams that are more mobile. Every year, for the next few years, five standalone brigades will be stood up and pulled from different divisions. This will take away the division structure as we know it today and change to

mobile light forces. We are looking, in the HR field, toward how our structure will be changed and how systems can be developed that will be better equipped to deal with the changes going on in the Army over the next decade and beyond.”

Because of the drive to be technically proficient, are warrant officers tactically proficient?

“We are tactically proficient, too,” Ladra confidently said. “In the Army today, you (warrant officers) are technically proficient, but as a warrant officer, you are also a leader. When deployed, you need to know how to react to chemical attack, and you need to be able to lead and teach Soldiers. You are kind of like a mid-level manager. For example, when I deployed to Israel, I would occasionally go on runs with the mail personnel. I had to ensure we varied the routes and did all the things we had to do (to remain safe). Plus, I had to know how to work all personnel systems while in the field.

“There is training that’s provided, like IRT – individual readiness training. Everybody, before they are deployed, has to go through training that prepares you for whatever environment you go to. When I was assigned to Fort Polk, we fell under 18th Airborne Corps. As a personnel battalion, we did convoy live fires, offensive and defensive, on a six-month basis. We trained for that.”

A native of the San Francisco Bay area, Ladra was persuaded to join the Army by her older brother, Christopher Ladra. He is a lieutenant colonel on active duty in the personnel field.

“I have a big family, there are six siblings. My brother is (stationed) at Fort Huachuca (Ariz.). He opted to go the officer route and suggested I join the Army instead of the Air Force. He said the Army is better because you get promoted faster and there are more opportunities. It’s true. I never would have been promoted as fast in the Air Force. And, there’s no warrant officer rank in the Air Force. That is the only branch of service that doesn’t have the warrant officers.

The military woman who has most affected Ladra was a former NCO, Inga Sullivan. “She was a sergeant at my first duty assignment when I was a private first class. She was somebody I aspired to be. She just seemed to have it all together. She was a strong woman who was able to manage career and family, she knew what she wanted and set out to get it, and helped other people along the way,” Ladra said.

Women leaders today are finding their places in history. Not all will be in prominent places, but they still impact those who watch them and choose to emulate their character and professionalism.

## Did you know ...

In March, 60 years ago, the first women were admitted into the Warrant Officer Corps. Up until that time, women were in the Women’s Army Corps, only. “Before then there was a question about whether or not women soldiers could be appointed warrant

officers if they held positions which, for a man, carried the grade,” according to *U.S. Army Warrant Officers* (Turner Publishing Company). “... The Judge Advocate General ruled that appointment of women was illegal because the law did not specify that it was legal. The question

was brought to the War Department’s attention by several major commanders who wished to appoint to the warrant officer grade women who were filling warrant officer positions.” His ruling was overturned.

*(Used with permission from Turner Publishing Company.)*



# Deployed troops can earn 10 percent interests on savings

BY SGT. 1ST CLASS MARCIA TRIGGS

WASHINGTON (Army News Service, March 3, 2004) — A Department of Defense program helps deployed troops tuck up to \$10,000 of their income away and earn a guaranteed 10 percent interest on their savings annually.

Troops can participate in the Savings Deposit Program if they are assigned outside the United States and receiving Hostile Fire and Imminent Danger Pay. Service members must serve 30 consecutive days in that assignment before making deposits into the fund.

“We have our Soldiers start the program while in theater,” said 1st Sgt. Edward Menke, from 125th Finance Battalion, Schofield Barracks, Hawaii. Soldiers from the 25th Infantry Division (Light) out of Hawaii are currently serving in Iraq and Afghanistan. Menke said that when he informs Soldiers and their families of the benefits of the Savings Deposit Program he tells

them to look at their bank statements. If they are earning less than 10 percent interest on their savings, he tells them to look into the program.

“Spouses are really receptive to the program,” Menke said. “Their savings will earn a guaranteed 2.5 percent interest quarterly.”

Nearly 10,000 Soldiers are currently participating in the program, said Roger Castillo, the program manager for the Savings Deposit Program. The last day to make a deposit into the fund is the date of departure from theater. However, interest will accrue up to 90 days after redeployment unless a withdrawal is requested, according to a DFAS fact sheet.

Service members can contribute more than \$10,000, but interest will not accrue on any amount over the cap, Castillo said. If the account exceeds \$10,000, the service member may make quarterly withdrawals, until his eligibility to

make deposits terminates. Then he must withdraw the remaining funds in its entirety, the fact sheet stated.

Withdrawing the money before redeploying is not authorized unless, the service member needs to make an emergency withdrawal. Emergency requests must be for the health and welfare of a member or his family member, and must be substantiated by a written request from the member's commander, Castillo said.

DFAS will post the SDP balance of active-component members to their Leave and Earnings Statement.

The fund was started in August 1990 for members who were serving in the Persian Gulf Conflict, and Soldiers fighting in Operation Iraqi Freedom were added to those eligible to participate in 2003. For more information service members should contact their finance battalion, Castillo said.

## AAFES receives ‘spirit award’

NEW YORK – At the National Retail Federation (NRF) Annual Convention, the Army & Air Force Exchange Service was awarded the American Spirit Award.

Past recipients of the prestigious award, which is designed to recognize exceptional achievement and is presented only when circumstances dictate, include former Presidents Jimmy Carter, George Herbert Walker Bush and Senator Bob Dole.

During the awards luncheon, the NRF Chairman of the Board said that Dallas-based AAFES was selected for the 2004 honor because of its support of U.S. Service men and women fighting abroad against terrorism.

When she accepted the award, AAFES’ Commander Maj. Gen. Kathryn Frost relayed how the benefit AAFES is providing deployed troops had a profound effect on her during a trip to Kuwait at the peak of the troop build up before the invasion of Iraq.

“That’s when I realized that in locations like this, Soldiers and Airmen don’t always visit a PX because they need to ‘buy’ something. They often come to the PX because they are surrounded by

things that are familiar: U.S. products, well-known labels, popular brands and AAFES employees. In remote and hostile regions, sometimes a visit to a PX is simply a connection to home.”

Frost accepted the American Spirit Award on behalf of the AAFES workforce that is committed to serving Soldiers and Airmen wherever they go. “They put their lives on hold...leave family, comfort and safety behind, expose themselves to danger...all to take care of American troops,” she said. “They really deserve this award.”

Today, AAFES continues to bring that bit of home to troops with nine stores in Kuwait and 30 in Iraq, with about 450 associates deployed at any given time. Those associates live and work right alongside the deployed troops.

In addition, AAFES supports 88 unit run Imprest Funds that serve forward operating bases where it is too remote or dangerous to set up a store.

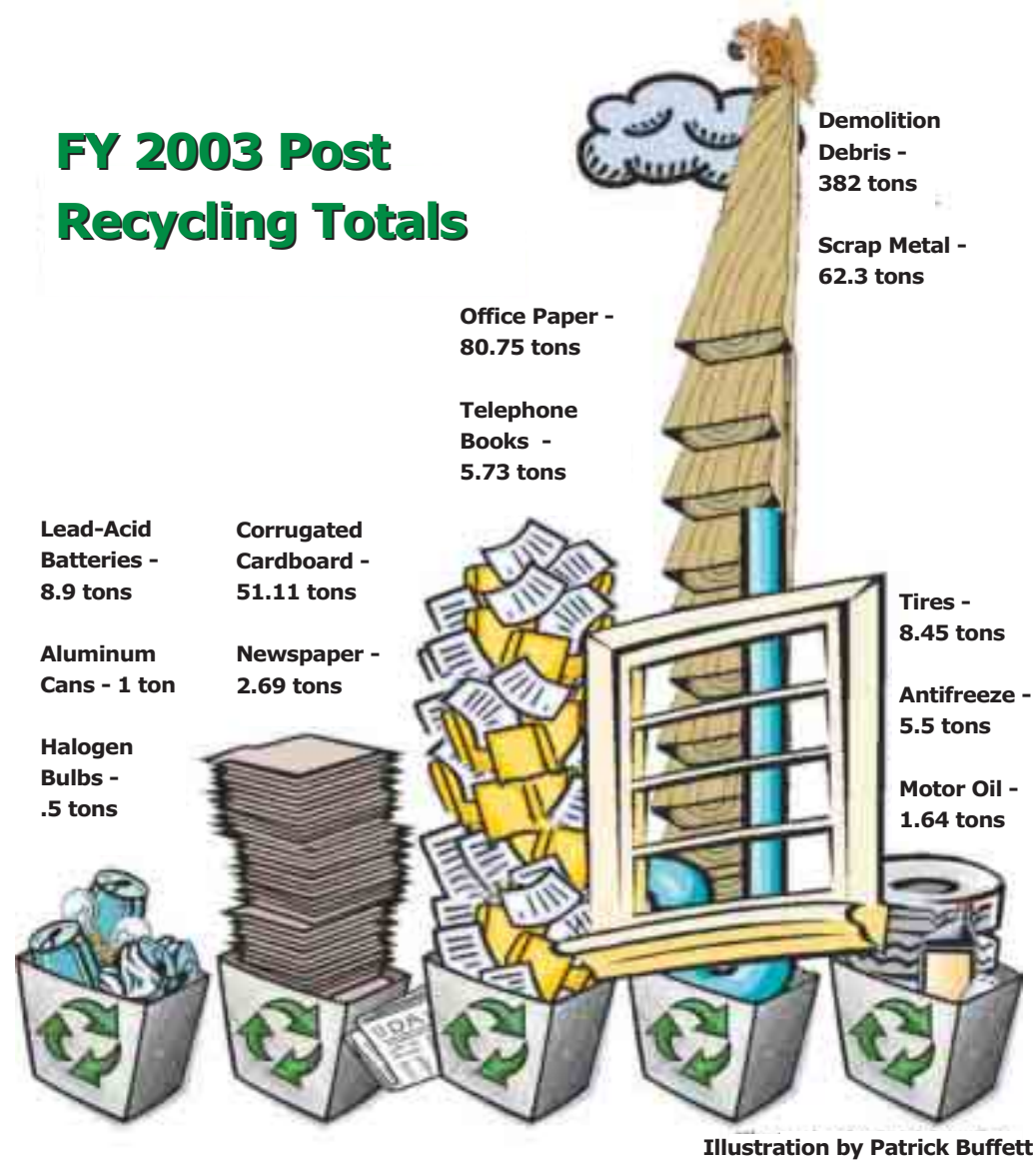
Additionally, AAFES runs 37 call centers throughout Operations Iraqi and Enduring Freedom where deployed troops can go to make a call home to their loved ones.

3X10 USAA

3X3 1/2 H. R. Civic



## FY 2003 Post Recycling Totals



# More than \$37K found in post trash

BY PATRICK BUFFETT  
CASEMATE STAFF WRITER

There's a ring of truth to the old expression, "one man's trash is another's treasure."

At Fort Monroe, more than \$37,000 was recovered during 2003 from mere garbage — much of it collected from special receptacles distributed throughout post. These money baskets vary in shape and color, but they've become the popular spot for plain office paper, aluminum cans and corrugated cardboard.

Last year, Fort Monroe generated 2,926.54 tons of solid waste, according to Peter VanDyke, of the installation's Directorate of Public Works and Logistics. Of that, 656.44 tons of material was recycled and diverted from the landfill.

"If we had disposed of all solid waste in Big Bethel Landfill, it would have cost the installation \$88,609," VanDyke said. "Thanks to

*"Without a doubt, the recycling program here is a success story. And it's likely we're going to do even better this year as a result of community participation in Project Pride."*

Peter VanDyke

Directorate of Public Works and Logistics

recycling and reuse, the actual disposal cost for '03 was \$50,797. Recycling revenues had a total cost avoidance of \$37,812."

Fort Monroe's "diversion rate" for recycled trash last year was 22.43 percent, the highest it has ever experienced, according to DPW officials. During its "baseline" year — 1999 — the post's diversion rate was a "meager" 7.1 percent, officials said.

"Without a doubt, the recycling program here is a success story," VanDyke said. "And it's likely we're going to

do even better this year as a result of community participation in Project Pride, and DPW's continuing effort to be the best stewards of the environment possible."

Another bit of good news for the post community, according to VanDyke, is the manner in which recouped waste disposal dollars are spent.

After the recycling program costs are paid, remaining dollars can be used to fund additional pollution prevention measures or even MWR projects.

"If we continue to recycle

more commodities, we will continue to see more money," VanDyke said. "The participation of the community is key to the success of the program."

"Recycling is one of the easiest and most efficient pollution prevention techniques," he added, "and people need to begin taking personal accountability for their actions. If you don't recycle, who will? It is your duty as a citizen to be a good environmental steward."

The recycling center is located in Building 81 off Eustis Lane. Operating hours are Monday through Friday, 7 a.m. to 3:30 p.m., for drop-off.

Recyclable items include: white paper, aluminum cans, cardboard, telephone books, old magazines, spent toner cartridges, copper/aluminum scrap and scrap steel. Items brought to the scrap metal yard behind Building 81 must be mostly metal with few

pieces of plastic or electronics attached. For example, plastic chairs with metal legs are not acceptable.

The recycle team also has a routine schedule for picking up white paper (shredded or whole), aluminum cans and cardboard inside office buildings on post. Please break down any cardboard and stack it neatly near a recycle bin for pickup. Toner cartridges can also be picked up if they are stacked neatly near a recycle bin.

To add a building to the pickup schedule, or obtain recycle bins, call 788-2444.



Photo by Patrick Buffett

*Joel Carnahan, center, was among the team of volunteers handing out Project Pride gift bags to Fort Monroe employees as they arrived for work March 4.*

## PROJECT (Continued from Page 1)

said Col. Perry D. Allmendinger, post commander. "It also emphasizes the point that everyone at Fort Monroe is part of a team regardless of rank, age or duty section.

"And this is the sort of project you might see in any small town in America," the commander added. "We're asking our community to come together and be as creative as they want in keeping the installation beautiful."

There are numerous ways to be a Project Pride participant, Whitehouse noted. Simply picking up a piece of trash while you're walking down the street or strolling along the seawall is just the start. Campaign organizers are also working out the details for periodic "Clean Sweep Walks" — much like the beach and park cleanup programs conducted each Spring across America and even overseas. An "Adopt-a-Spot" campaign is also in the works.

"We're going to establish area mayors to help organize and oversee cleanup efforts in our housing areas," Whitehouse said, also noting that two volunteers have already stepped forward for the positions. Others who would like to do so may contact Richey Cooper at 788-2070 or Bill Smith at 788-3878.

"And we're going to do everything we can to encourage office groups to organize beautification projects in and around their buildings on a routine basis — not just during spring and fall cleanup days," Whitehouse said.

Nearly all of the tools and materials, to include topsoil and mulch, for beautification projects associated with the program can be obtained from the Self Help Store (see graphic above), the project

### Self Help

#### YOUR PROJECT PRIDE STORE

Here are only some of the items you can find at Self Help

|                         |                            |                               |
|-------------------------|----------------------------|-------------------------------|
| <b>Lawn Care Items:</b> | <b>Gardening/Planting:</b> | <b>Misc. Repair Projects:</b> |
| Blower, Elec.           | Garden Hoe                 | Drill, Elec.                  |
| Edger, Elec.            | Garden Hose                | Dropcloth, Plastic            |
| Lawn Mower, Gas         | Pitch Fork                 | Jig Saw                       |
| Plastic Bag, Heavy      | Posthole Digger            | Ladder                        |
| Rake, Lawn, Leaf        | Rake, Garden               | Paint Brush/Roller            |
| Shears, Pruning         | Shovel, Round/Flat Nosed   | Paint, Spray/Latex            |
| Spreader                | Spade, Garden              | Paint Tray                    |
| Trimmer, Hedge, Gas     | Wheelbarrow                | Push Broom                    |
| Weedeater, Curve        |                            | Sander, Elec.                 |

**Lawn seed, fertilizer, top soil and mulch are available during spring/summer months. Bulk delivery is available for office groups. Call 788-4228.**

|   |  |
|---|--|
| <b>Hours of Operation: (Winter)</b>         | <b>Hours of Operation: (Summer)</b>      |
| Mon., Wed., Thur., Fri., - 8 a.m. to 4 p.m. | Wed., Thur., Fri., - 8 a.m. to 4:30 p.m. |
| Tue., - 8 a.m. to 1 p.m.                    | Tue., - 8 a.m. to 1 p.m.                 |
| Closed Saturday & Sunday                    | Sat., - 8 a.m. to noon                   |
|   | Closed Sunday & Monday                   |

Office groups must have a signature card on file at Self Help to pick up items. Sponsor's names for on-post residents are provided to Self Help by housing. All customers will be asked to present their ID card. For more information, call 788-2563.

Photo Illustration by Patrick Buffett

*Luddie Canton, a contract employee with Griffin Services, is the Fort Monroe Self Help store's customer service representative.*

coordinator noted. Self Help also provides lawn seed and some fertilizer.

A Project Pride logo has also been created to help community members easily identify events or literature associated with the campaign. Comprised of a house surrounded by tree branches against a green backdrop, the logo has actually been a source of curiosity for

several weeks. It alone was posted on banners at several strategic locations around Monroe, carried on the front page of the Casemate and used as an advertisement on Command Channel 47.

"I know a lot of people were wondering what it was all about, and that was the goal," Whitehouse said. "We wanted the logo to be recognizable on its own,

and I think we succeeded quite well.

"Clearly, visibility is key to the program's success," Whitehouse added. "And we're also relying on the enormous sense of professionalism and caring that exists in our community. Given the

invite to pitch in and help, I'm willing to bet most residents and members of our workforce will do just that."

And, as its name clearly implies, pride will be the number one reward for participants in the program. "Think of it in terms of homeowners who do everything they can to keep their property looking clean and beautiful," Allmendinger said. "There's nothing quite like that feeling of knowing you have the prettiest house on the block."

"We already have an enormous advantage here because of the many historic homes and picturesque sites around post," the colonel said. "But this is our chance to take an active role and incorporate elements that will make it an even better showcase for employees, residents and visitors."

Award programs like "Yard of the Month" will also be rolled into the Project Pride campaign. Participation may also garner publicity, as a regular series of photos and news stories highlighting program events is planned for future issues of the Casemate. Beyond those, organizers said the program will be spurred on by the individual satisfaction of taking an active role.

"Again, the overall objective is personal accountability," Allmendinger said. "Each one of us shares the responsibility of being good stewards of the environment. Add to that the importance of preserving a national historic landmark ... the way I see it that's everyone's responsibility, not just a designated few."

Visit the Casemate online at <http://www.monroe.army.mil/casemate/>



## Project Pride

### Student Pledge

## I WILL:

- ☒ Pick up litter and place it in the closest trash can.
- ☒ Clean up after my pets.
- ☒ Turn off lights that are not in use.
- ☒ Recycle, reduce, and reuse.

## I WILL NOT:

- ☒ Litter on Fort Monroe or anywhere else.
- ☒ Leave water running when I am not using it.
- ☒ Pour, rake sweep or throw anything into storm drains.
- ☒ Stand by and watch people hurt my environment.

**"I WILL KEEP FORT MONROE CLEAN AND BEAUTIFUL!"**

**I HEREBY PLEDGE TO KEEP FORT MONROE CLEAN AND BEAUTIFUL BY ABIDING BY THE STATEMENTS ABOVE.**

STUDENT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



# Sports and health

## The Queen and her Court



**Harlem Ambassadors**  
vs.  
**Fort Monroe All-Stars**

March 20, 4 p.m.  
Community Activities Center

### Ambassadors led by female player/coach

**BY TIM RAFALSKI**  
CASEMATE STAFF WRITER

Barriers have never contained Sandie Prophete.

They didn't keep the daughter of Haitian immigrants from learning both English and French growing up, and graduating from the University of Missouri with a master's degree in counseling psychology.

They didn't keep a girl with four older brothers from becoming a star on the street basketball courts of New Jersey and New York City, including the famous Rucker court in Harlem.

Those barriers certainly didn't keep her from becoming an All-American at Mizzou, playing professional ball in Israel, taking over as player/coach of the traveling Harlem Ambassadors team or growing into the apt moniker of "Lade' Majic."

After already clearing so many obstacles in her life, don't for a second think there will be any barriers

that can keep Prophete from embarrassing some of her male opponents when the Ambassadors face an all-star team composed of post players March 20 at the Community Activities Center.

Tip-off is set for 4 p.m., and spectators can expect a rousing show filled with dazzling play, comedic routines and a few bruised egos.

"She's one of a kind as a player and coach," said 6-foot-5 Ambassadors forward David Apple, who played at Averett College in Danville. "It's not because she's a woman. It's because she's a player — a great player."

Prophete has a pretty good resume to support that opinion.

After being named most valuable player in leading her high school team to a New

Jersey state championship, she went on to star for the Lady Tigers.

Prophete led Missouri to a Big 8 (now Big 12) Conference title, was selected as a Kodak District V All-American and was named to the Big 8's All-Decade Team for the 1990s.

As impressive as her on-court skills and accomplishments are, though, Prophete and her teammates take as much, if not more pride in the message they spread off the court.

One of the Ambassadors' main goals is to provide good old-fashioned entertainment to those who attend their games. But, led by "Lade Majic," the world-traveled team

takes pride in being role models with the twin messages of staying in school and staying off drugs.

Unlike many professional athletes in the spotlight, the Ambassadors take that message to heart. The team has a zero-tolerance policy on drug use, and each player has either a college degree or is in the process of attaining one.

"We've always stressed the importance of education," Prophete said in a released interview. "We don't have hypocrites on this team who tell kids to stay in school and get their degrees. We don't say, 'Do as we say.' We say, 'Do as we do.'"

No player epitomizes that message better than Prophete, who uses her master's degree in counseling psychology to work as adjunct professor at a New Jersey college and working with at-risk kids. Being able to make an impact with troubled kids is more important to Prophete than any razzle-dazzle crossover dribble or behind-the-back pass.

"I tell kids to do something positive so they can become successful citizens and give something back to society," she said. "People say they're the lost generation. They're not lost. They're just looking to be found. We find them."

Once she finds them, Prophete shows those kids that barriers are made to be broken.



### SPORTS CALENDAR

## Fitness center to host kids rock-climbing event

The Fort Monroe Mount Everest Challenge, a rock-climbing competition for kids ages 12 and 13, will be held at the fitness center March 27 from 1:30 to 4 p.m.

Every child will climb three routes one time, and the climber with the lowest combined time will win.

Each kid will receive a participation certificate, and the top three finishers will be awarded trophies.

Parents must fill out a form to sign their children up,

and can do so by contacting Mike Jones, 788-2430, at the Community Activities Center. The field will be limited to the first 15 kids, and sign-ups will end March 15.

### **Globetrotters to play pair of games**

The Harlem Globetrotters will be playing at the Constant Center in Norfolk on March 21, and at the Hampton Coliseum on March 22.

Tickets are \$13 for each

game, and are on sale now at the box offices or any Ticketmaster outlet. Tickets also can be purchased online at [www.ticketmaster.com](http://www.ticketmaster.com), or by calling 671-8100.

### **Area runners are taking their marks**

#### ■ Queens Lake 5K Run

Will be held April 3 at New Quarter Park in Williamsburg, and will also include a 1-mile fun run/walk. The fee is \$14 for entries postmarked by March

26, and \$17 on race day. Children age 12 and under cost \$9 (\$10 on race day).

Awards will be given to the top three in each age group, and the top three overall men and women.

For more information, contact Rick Platt at 229-7375 or Belinda Willis at 890-3888 or [willisb@yorkcounty.gov](mailto:willisb@yorkcounty.gov).

#### ■ Knights of Columbus 5.3-mile Run/Walk

Will be held April 10 at Bikeway Trail, Newport News Park. The cost is \$15 if

registered by March 26, \$18 after March 26 and \$20 on race day. Prizes will be given to the top three overall men and women, and the top three in each age group.

For more information, contact Michael Witty at 877-8546 or Don Wood at 930-0804.

#### ■ Running Crab Half Marathon/5K

Will be held April 17. For more information, call 627-5386 or visit [www.active.com](http://www.active.com).

See CALENDAR, Page 13

CALENDAR (Continued from Page 12)

■ Virginia Duathlon

Will be held April 4 in Virginia Beach. The competition spans a 5K run, 32K bike and 5K run. Awards will be given to the top five overall men and women, top three masters and the top three in each age group.

There is also a relay category with each team having one runner and one cyclist. The cost is \$40 per individual post-marked by March 27, and \$50 after. For more information, contact Connie Maxwell at 827-9817 or cmaxwell@widomaker.com, or Ty Whitaker at 399-2360 or tyw59@aol.com.

■ Tour de Cure Bike Ride

Will be held April 17. The 100-mile tour travels from Chesapeake to Manteo, N.C., while 50- and 30-mile rides will take place in Chesapeake.

The registration fee is \$30 (plus fundraising minimum) until April 16, and \$35 (plus fundraising minimum) on ride day. For more information, call 455-6335, Ext. 3283, or visit [www.diabetes.org/tour](http://www.diabetes.org/tour).

On the links

■ The third annual JTF-CS golf invitational tournament is scheduled for April 30 at Ocean View Golf Course in Norfolk. The tourney is a four-person, captain's-choice format, with a 7 a.m. check in and 8:30 shotgun start.

There will be contests for the longest drive and closest to the pin, mulligans for sale and prizes for the top three teams.

The cost is \$45 per person, and the field will be limited to the first 144 paid players.

For more information or to register, contact John Bertotti at 788-4731, Dwight Brown at 788-6141 or Jackie Redmon at 788-6227.

Softball tryouts

Tryouts for both men's and women's post softball teams will be held March 13 at Derussy Softball Field. Men's tryouts will be at 11 a.m., while the

women's will take place at 2 p.m. Signup sheets for both teams are available at the fitness center front desk.

For more information, contact the sports

desk at 788-2783 or tutsonj@monroe.army.mil, or for the specific teams contact Paul Davis (men) at 329-2428 or Tony Robinson (women) at 253-5142.

V-ball meeting

An intramural volleyball meeting will be held March 24 at 10 a.m. in the sports office classroom of the fitness cen-

ter. Each team must have a coach attend.

The season will run from April through June with games being played on Tuesdays, Wednesdays and Thursdays.

Those eligible to participate are Fort Monroe active duty, family members (over 18 with an ID card), DoD civilians, APF, NAF and tenant organizations.

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# Moat notes

## Blood Drive nearing

The Fort Monroe Red Cross Chapter Blood Drive is scheduled for March 10 from 9 a.m. to 3 p.m. at the Bay Breeze Community Center. Reservations are available, but not required, and may be made by calling Doris Farrell at 722-5538.

For any questions about donor eligibility, call (800) 682-9079.

## Families in Fashion

CYS children and their families will take to the runway April 4 at 4 p.m. at the Bay Breeze Community Center in celebration of the "Month of the Military Child." They will be modeling fashions from TJ Maxx, Marshalls, Langley BX, Rainbow, David Bridals and After Hours.

Light hors d'oeuvres will be served following the show. Tickets will be on sale from March 11 through March 24, and can be purchased from Youth Services or anybody modeling in the show. The cost is \$6 each, or two tickets for \$10 (children age 4 and under are free).

For more information, contact Renee Hockaday at 788-3957.

## Choir members needed

The Chancel Choir of the Fort Monroe Chapel of the Centurion is actively seeking new members. Membership is open to any person high school age or older with a love for singing and the desire to express that love through music, both classical and contemporary.

The Chancel Choir rehearses in the Chapel of the Centurion on Wednesdays from 7 to 9 p.m. For more information, contact choir director Laurel Tsirimokos Goncalves at 223-0887.

## AFTB sessions

Army Family Team Building has two upcoming sessions:

- March 17: Personality traits/building a cohesive team.
- March 24: Building self-esteem/leader roles.

Meetings run from 11 a.m. to 1 p.m. and are open to everybody. For more information, contact Kathleen Miller at 788-3878.

## Warrant Officer meeting

The Warrant Officer Association is holding its monthly meeting March 18 from 7 to 8:30 p.m. at Thumpers Restaurant. For more information, contact CWO Melanie Ladra at 788-4727 or melanie.ladra@monroe.army.mil.

## Book fair/signing

A number of area writers will be participating in a book fair and signing at the Hampton History Museum on April 2 from 3 to 6 p.m. The event is open to the public, and will include wine and cheese.

Among the authors scheduled to appear are Dr. Lois Benjamin, Freda

## Visiting the capital



Photo by Patricia Radcliffe

**Fort Monroe youth services 4Hers (l-r), Travell Jones (16), Jordan Lamon (12), Alexis Charlisle (12), Shanita Hockaday (14) and Sheree Reed (15) present shamrocks to an unidentified secretary who accepted them on behalf of state delegates during a trip to the state capital Feb. 12. Twenty-eight middle and high school youth traveled to Richmond to "enhance their knowledge of governmental procedures and emphasize the importance of their involvement in the governmental process," Renee Hockaday, program technician, said. She also said that she believed the kids came away with a better respect for the law and their rights because they felt they could provide input and make changes. Participants toured the state capital building, visited legislators and congressional pages and watched the legislative process in action.**

Drummond, Doris Gwaltney, Reginald Johns, Rosemarie Kidd, Dr. W.O. Lawton, Edward Longacre, John Quarstein, John Romjue, Thomas Sale, Pat Vermillion and John Whipple.

For more information, call 727-1610.

## Civil War reenactment

Endview Plantation will host its annual Civil War reenactment with the Battle of Mechanicsville on March 20 and 21. This event was named one of Southeast Tourism Society's top 20 events in March 2002.

The weekend will also feature women's activities and lectures, puppets, live entertainment, children's events and food vendors. Admission is \$7, and kids age 7 and under get in free.

For more information, call 887-1862 or visit [www.endview.org](http://www.endview.org).

## Continental Army Band

More than a dozen Army musicians from the Monroe will perform as soloists and small ensembles in a concert at the Williamsburg Library Theatre on March 24 at 7:30 p.m.

The concert is free but tickets are required to guarantee admission. Up to four free tickets per person can be picked up at the Continental Army Band at the Fort Program Services

desk of the Williamsburg Library. Tickets can't be reserved by phone.

For more information, call 259-4070 or visit [www.wrl.org](http://www.wrl.org).

## Family Caregivers

The program "Family Caregivers of Adults with Developmental Disabilities" will take place March 18 at 3501 Kecoughtan Road in Hampton. The program is for family members or guardians caring for adults with disabilities to network and share experiences, information, resources and support.

Doors will open at 6:30 p.m., with a speaker from 7 to 9.

Reservations are requested by calling 727-1602.

## Musical program

On March 9, the American Theatre will host "The Spirit of Fes," a musical program that includes a collaboration between an Algerian vocalist, a Lebanese-American percussionist, an African-American gospel choir from North Carolina, a Moroccan women's ensemble and musicians from Israel and Palestine.

Tickets cost \$25 and \$30, and are on sale by calling the American Theatre at 722-2787 or visiting [www.theamericantheatre.com](http://www.theamericantheatre.com). For more information

about "The Spirit of Fes," visit [www.spiritoffes.com](http://www.spiritoffes.com).

## Tuskegee jazz show

"Jazzin' with Art," a cultural and social event, will be hosted by the Tidewater Chapter of Tuskegee Airmen, Inc., on March 19 from 6 to 10 p.m. at the new Hampton History Museum. Tickets are available for a \$25 donation to the chapter youth and scholarship programs.

Your ticket includes the opportunity to greet original Tuskegee Airmen, live jazz, hors d'oeuvres, a tour of the recently opened museum and a commemorative TAI coin.

For more information, call 286-0277 or visit [www.tidewater-tai.org](http://www.tidewater-tai.org).

## The Women's War

Lee Hall Mansion in Newport News will present "The Women's War," a one-woman living history program, March 27 at 2 p.m. The show will present the lives of four different women from the North and South, and how the Civil War affected them.

The cost is \$15 for adults and \$8 for children. The fee includes a tour of the mansion, and reservations are required.

For more information, call 888-3371 or visit [www.leehall.org](http://www.leehall.org).

## 1960s program

Dr. Nigel Sellars of the Department of History at Christopher Newport University will serve as scholar for a 1960s video/discussion series March 18 starting at 6:30 p.m. at the Newport News Main Street Library.

Two award-winning documentaries will be shown: "Poisoned Dreams from The Century with Peter Jennings" and "LBJ."

For more information, call 247-8875 or visit [www.nngov.com/library](http://www.nngov.com/library).

See MORE NOTES, Page 15

## At the Movies

Showing at the  
Langley Air Force Base Theater

Friday, March 5

7 p.m. — Cold Mountain (R)

Saturday, March 6

2 p.m. — My Baby's Daddy (PG-13)

7 p.m. — The Butterfly Effect (R)

Friday, March 12

7 p.m. — The Big Bounce (PG-13)

Saturday, March 13

2 p.m. — The Perfect Score (PG-13)

7 p.m. — Calendar (PG-13)

Adults — \$2; Children 6-12 years old — \$1.50;  
and Children under 6 — free.

(If a child under 6 occupies a seat at a  
G-rated movie, admission is \$1.50.)

Special movie showings are available.

Contact John Low at 766-1237

or LowJ@aafes.com for details.

# Disabled Iraqi Freedom vets to hit the slopes

BY DONNA MILES

AMERICAN FORCES PRESS SERVICE

WASHINGTON, March 3, 2004 — Seven Soldiers who lost legs during incidents in Iraq will get the chance this weekend to schuss down the slopes of Vail, Colo.

Vail Ski Association, with support from a broad range of local and national donors, is providing the Soldiers, their wives or girlfriends and their children an all-expense-paid visit to one of the world's premier ski resorts.

The Vail community and corporate sponsors will roll out the red carpet with free lodging, meals, lift tickets, ski equipment and lessons.

Cheryl Jensen from the Vail Ski Association said the weekend will allow Soldiers to enjoy the exhilaration of skiing — something she acknowledged most probably thought they'd never experience again.

Five of the Soldiers to attend the ski weekend have skied or snowboarded before, and most rated themselves as accomplished skiers before losing their limbs. The other two Soldiers have never been on skis.

Regardless of their experience on

the slopes, Jensen said she expects the ski weekend to give the Soldiers a renewed sense of freedom "and to make them feel as able-bodied as possible."

Instructors from Vail's Adaptive Ski School, which specializes in providing ski and snowboard classes for people with disabilities, will teach the Soldiers skiing techniques. Using specially modified ski equipment, including "outriggers" — poles with miniature skis attached to them for balance — the skiers will maneuver through Vail's slopes and trails.

Jensen said the experience is expected to be a huge confidence builder for young, athletic Soldiers who are now learning to live with disabilities. "It can really transform people's thoughts about their disabilities," she said.

To help reinforce that message, the Soldiers will watch the U.S. Olympic Disabled Ski Team competitions and meet the racers at an awards banquet. "We want the Soldiers to get a chance to meet these Olympic athletes who have overcome disabilities of their own to become champion competitors," Jensen said. "We hope it

will be a great source of inspiration to them."

Continental, United and Frontier airlines offered free air travel. Colorado Mountain Express will provide free transfers to hotels and events. Vail hotels opened their doors with

free lodging. Vail Resorts will offer free lift tickets, ski equipment and instruction.

The Wheelchair Foundation is helping with the logistics and other private donors have contributed toward meals.

## Repairs continue

**Workers grind out old mortar from between bricks on Building 87 (MP barracks) Feb. 11, and then they will refinish the mortar joints with a narrow ridge of putty or fine lime mortar, according to Lt. Col. Craig Simoneau, DPW. "Repairing the mortar prolongs the life of the building and prevents moisture infiltration which can lead to mold and other internal damage," he said. The renovation project began last October and is scheduled to be completed next month.**



Photo by Patricia Radcliffe

## MORE NOTES (Continued from Page 14)

### St. Patrick's Day

The annual St. Patrick's Celtic Ceilidh will be held in downtown Hampton on March 13. The celebration begins at 3 p.m. and concludes at 8:30, with plenty of post-Ceilidh activities taking place inside the eclectic restaurants along Queensway.

Traditional Irish fare and green libations will be available for purchase throughout the day, both on the street and in downtown taverns.

For last-minute updates on the St. Patrick's Day Ceilidh and other downtown Hampton events, call 727-8311.

### Film festival

The Virginia War Museum is hosting a two-day film festival March 20 and 21 that will feature Great Britain's Colonial Wars under Queen Victoria.

All movies, shown in the museum's theater, are free with each day's paid admission — \$5 for adults, \$4 for seniors and \$3 for children age 7 to 18.

For more information, call 247-8523 or e-mail [info@warmuseum.org](mailto:info@warmuseum.org).

### Armed Forces salute

The Warwick Lions will present a "Toe-tappin', hand-clappin' salute to the United State Armed Forces" on March 18, 19 and 20 at 8 p.m. at Warwick High School in Newport News. Donations are \$6, and will go toward providing scholarships for the high school.

For tickets, contact Zelideh Tabar at 788-2400 or 989-0726.

### Women of NASA

During March and April the

## Toddler Time



Photo by Patricia Radcliffe

**Parent, Carla Hill (back) relaxes as toddlers like Emily Neiman, 3 (left), Nicholas Honaker, 2 (center), and Jenna Preston, 22 months, learn sharing, communication and other social skills during Toddler Time on Feb. 23. "There are about 20 families that participate in the program. On the average, only eight to 10 families come in at one time because of prior commitments, illness, etc.," said Anne Shanks, family advocacy program education specialist. Toddler Time is open to all DoD military, reservists, retirees and civilian employees. It meets at the Community Activities Center, Mondays from 9:30 to 10:30 a.m.**

Hampton History Museum will be presenting a "Women of NASA" exhibit in honor of Women's History Month. The exhibit explores women's

contributions to NASA dating back to the agency's predecessor, the National Advisory Committee for Aeronautics in the early 20th century.

In addition to the exhibit, the museum will be presenting a "brown bag" lunch lecture series each Tuesday through March 23 at noon. The lectures, which will last approximately 30 minutes, are free.

For more information, call 727-6838 or 727-1610.

### Sharon Isbin to perform

Grammy-award winning guitarist Sharon Isbin is scheduled to perform at the American Theatre in Hampton on March 13 at 8 p.m.

Tickets cost \$20 and \$25 with discounts for students, seniors and military. They are on sale now by calling 722-2787. Tickets may also be ordered on line at: [www.theamericantheatre.com](http://www.theamericantheatre.com)

For her Hampton appearance, Isbin will be performing works by: Isaac Albeniz, Leo Brower, Tan Dun, Regino Sainz de la Maza, John Duarte, Agustin Barrios Mangore and Mario Castelnuovo-Tedesco.

For more information, call the American Theatre box office at 757-722-2787.

### David Mallett in concert

David Mallett brings his traditional folk songs of small-town life to the Williamsburg Library Theatre on March 28 at 7:30 p.m.

Tickets are \$14 for adults, \$10 for students with ID and \$7 for those under 16. They can be purchased at the Williamsburg Library, 515 Scotland Street, two blocks north of Merchants Square, or with MasterCard or Visa at (757) 259-4070.

[casemate@monroe.army.mil](mailto:casemate@monroe.army.mil)



# Strategic communications leverages Army story

BY SPC. LORIE JEWELL

WASHINGTON (Army News Service, March 3, 2004) – A Soldier tucks a plastic card displaying the Soldier’s Creed and the Army values into his wallet.

At a school career fair, students pick up a brochure that describes our Army at war, and how it remains relevant and ready while moving from the current to future force. An action-filled video plays on a television screen, showing the Army’s new Stryker infantry carriers on the move.

A senior leader tells the Army story to an audience of executives at a corporate function; a young sergeant shares his take on force stabilization at the family dinner table.

A grandmother surfing the Web clicks on the Army’s Web site to learn more about her granddaughter’s new duty station.

From small, ordinary gestures and everyday conversations to eye-catching promotional materials and tactical speeches, strategic communications is the method by which the Army delivers its messages to those in and out of uniform. It’s one of 17 focus areas Army leaders have developed as a means for strengthening efforts to win

the Global War on Terrorism.

“It’s about communicating to our audience what’s going on in the Army, and explaining it in terms or concepts people can understand, so that they can be a part of achieving the goal,” said Col. Nelson McCouch, who heads the strategic communications division in the Office of the Chief of Public Affairs. “They can’t support something if they don’t know anything about it.”

### Terms used by military

For example, a Soldier may hear the term “force stabilization” and, having read about it in a post newspaper, may understand it in more simple terms as “my family and I will stay in one place for longer periods of time.”

“Expeditionary mindset” could translate into “I’m ready to go anywhere you need me to go, at any time, because I know I am well trained and my family is well taken care of.”

The role of OCPA’s strategic communications is to develop and implement plans for getting internal and external media to support the Army’s campaign plan with articles that explain what’s going on, McCouch said.

There are two other ‘legs’ that support the

effort to disseminate information – the Office of Congressional Legislative Liaison and the Office of Strategic Communications. OCLL’s strategic communications team is responsible for making sure the Army’s messages are delivered to legislators on the hill in a timely fashion, said Col. Wayne Sauer, who heads that office.

“The Army wants Congress to know what’s going on so they can do something about it during the congressional cycle,” Sauer said.

That involves working closely with congressional staffers. If legislators have questions on the Army budget, for example, OCLL makes sure they get answers. When newsworthy events happen – the Army’s Comanche program being canceled, for instance – OCLL makes sure Congress knows about it before reading it in the newspaper, Sauer added.

“If they read something in the newspaper and the information doesn’t match up, they already have our data on it,” Sauer said.

### Senior Army leaders need to know

In the Office of Strategic Communications, the mission to deliver the Army story is similar to OCPA. Whereas OCPA focuses on informing Soldiers, family members and the public at large through the media, STRATCOM’s audience is expanded to target senior Army leaders – active and retired – business and social executives, and academic and think-tank representatives.

“We are trying to instill a culture of engagement so that everyone at all levels tells the Army story the same way,” said Patti Benner, STRATCOM director.

Benner’s department works to develop long-term themes and messages, and how to deliver them over time periods that range from months to five years. OCPA focuses more on getting information out according to daily and weekly news cycles, McCouch said.

How messages are delivered by OSC falls to its outreach program, headed by Kay Stephenson. The program is tasked with building and strengthening relationships with national security decision makers or those with influence; the private sector and not-for-profit organizations; and academic institutions and communities. Its mission also involves providing information to the Army family.

As technology continues to drive everyday life, the Internet proves to be a reliable tool for giving Soldiers, their families and friends, and the general public anything they could possibly want or need to know about the Army, where it’s heading and how it plans on getting there, said Lt. Col. Mark Wiggins, director of the Army’s Web page (www.army.mil) and senior leaders’ page, accessible to select personnel through Army Knowledge Online. The Web site operates under the STRATCOM umbrella.

“Whatever has been released to the public, it’s on the Web site,” Wiggins said. “It’s the place all of our audiences come to read about the Army.”

The Army has had a presence on the Internet since 1995. The site was last overhauled in 2001, around the same time the “Army of One” brand was introduced. It averages just over 4 million hits a month from more than 140 countries, he said. “We pay close attention to third-party evaluations and we are routinely ranked in the top 1,000 Web sites in the world,” Wiggins said. “When you have a global audience, you can’t help but be strategic.” The ultimate success of strategic communications relies on all three departments working together to synchronize their efforts, officials said.

*(Note: This is the eighth in a series of weekly articles on the 17 Army focus areas. To view a brief synopsis of the areas of focus visit The Way Ahead at www.army.mil.)*

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